



Serves: 4

# Minced Lamb and Green Peas – Hydrabadi Style

## Ingredients

- Lamb, minced 250g
- Green peas 150g
- Onions, chopped 100g
- Ginger, chopped 15g
- Red chilli powder 1½ tsp
- Coriander powder 1 tsp
- Cumin powder 1 tsp
- Bay leaf 1
- Cinnamon stick 1-inch
- Green cardamom 3
- Cloves 3
- Canola oil 5 tsp
- Salt, to taste

## Tips:

- Heat oil till hot before stir-frying, as this will shorten cooking time and reduce the amount of oil absorbed by the ingredients.
- Leaner cuts of meat (e.g. skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To further enhance their healthfulness, remove visible fat and skin where possible before cooking.
- Beancurd, pulses, lentils, peas and beans are good sources of protein and low in saturated fat. They can be used to replace meat in some dishes.

## Method

- Heat oil in a pan. Add in the cinnamon stick, cardamom, cloves and bay leaf.
- Sauté for few seconds and add in the onions. Sauté onions till golden brown.
- Add chopped ginger, chilli powder, cumin and coriander powder.
- Sauté for a while and add the minced lamb. Sauté well till all water dries out and the minced lamb is cooked well.
- Add in green peas, mix well, and cook for 3–4 minutes. Season with salt to taste.
- Remove and serve hot. Best enjoyed with Tandoori roti.

## Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 194kcal  
Protein 15.7g  
Total fat (g and % of total calories)  
9.4g (43.9%)  
Saturated fat 1.8g  
Cholesterol 50mg  
Carbohydrate 11.3g  
Dietary Fibre 4.1g  
Sodium 156mg